

Chicken Brown Rice Bowl with Vegetables

Makes: 100 servings

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Ingredients	Weight	Measure
Water		2 gal 1 3/4 qt
Salt		1 Tbsp 1 tsp
Brown rice	7 lb 1 oz	
Cornstarch	9 oz	2 cups
Water, cold		1 cup
Low-sodium soy sauce		1 cup
Ground ginger		1 tsp
Granulated garlic		1/4 cup 2 Tbsp
Ground black or white pepper		1 Tbsp 2 tsp
Chicken stock, non-MSG		1 gal
Fresh carrots, peeled, 1/4" chopped	11 lb 4 oz	2 gal 3 qt
OR	OR	
Frozen sliced carrots	13 lb 8 oz	3 gal
Fresh onions, diced	2 lb 12 oz	1 qt 3 1/2

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	300	
Total Fat	11 g	33%
Protein	22 g	
Carbohydrates	33 g	
Dietary Fiber	4 g	
Saturated Fat	2 g	5%
Sodium	265 mg	

Fresh broccoli chopped	8 lb 2 oz	3 gal 2 1/2 qt
OR	OR	
Frozen mixed oriental vegetables	14 oz	1 gal
Salt		1 Tbsp 1 tsp
Raw skinless boneless fresh chicken breast cut into 1/2" cubes	17 lb 14 oz	
Diced, precooked chicken	12 lb 8 oz	
Vegetable oil		2 cups

Directions

1. Boil water. Add salt (optional).
2. Place 1 lb 9 oz brown long grain regular rice per 12" x 20" x 2 1/2" steam table pan and pour 2 qt 1 3/4 cups boiling water per steam table pan. Cover pans tightly. Bake in conventional oven at 350°F for 50 minutes; steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer and serve.
3. Portion into 1/2 cup servings. HACCP: Hold hot rice at 135°F or above. Cool to 70°F within 2 hours and from 70°F to 40°F within an additional 4 hours. Hold cold rice at 41°F or below.
4. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
5. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to simmer.
6. Cook for 3-5 minutes until thickened. Remove from heat.
7. Sauté carrots in oil for 4 minutes.
8. Add onions and cook for 1 minute.
9. Add broccoli and cook for 2 more minutes. Remove to steam table pan (12" x 20" x 2 1/2"). For 100 servings, use 4 pans. Add salt. Keep warm.
10. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steam table pan. Add sauce and mix to coat

chicken and vegetables. CCP: Heat to 165°F or higher for at least 15 seconds. Portion with 2 rounded No. 10 scoops (3/4 cup 1 Tbsp).

Notes

Additional Tips

Can substitute ¼ cup sesame oil for ¼ cup vegetable oil to sauté chicken for each 50 servings. Fresh vegetable mixes can be varied. Reduce salt if using regular soy sauce. If using frozen oriental vegetables, add to sautéed chicken in step 10.